Light & Low Menu

All Dishes Under 400 Calories

* Bombay Salmon Salad. Served with roasted peppers, tomatoes & Bombay spiced potatoes. Nestled on seasonal leaves & drizzled with a mint & mango riatha (gf) 342 calories £16.95
* Rigatoni Pasta with Sauteed Chicken Breast, King Prawns & Tomatoes. Infused with garlic in a white wine & tomato coulis, drizzled with basil pesto. 387 calories £13.95
* Braised Lambs Liver & Onions, in a red wine gravy. Accompanied with grilled crisp bacon, mash & fresh vegetables 392 calories £10.95
* Pan Roasted Fillet of Salmon. Nestled on a sauté of king prawns & mushrooms bound with salsa. Drizzled with a balsamic vinaigrette. Served with new potatoes (gf) 340 calories £17.95
* Warm Tandoori Chicken Salad. Goujons of Indian spiced chicken breast served with our house salad & a pot of mint & mango riatha. (gf) 249 calories £13.95
* Homemade Mince Beef Lasagne with a side salad 370 calories £11.50
* Chicken, King Prawn & Chorizo Jambalaya with sauté of mushrooms, peppers, onions, fresh chillies, turmeric, garlic & rice. In a spiced tomato sauce. (gf) 398 calories £14.95
* Minced Beef Cottage Pie. Topped with mash & cheddar cheese. Served with a rich roast gravy & fresh vegetables

385 calories £10.95